

# Mandarin Oranges

<b>Servings:</b>	100.00
<b>Serving Size:</b>	1.00 1/2c
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Fruit
<b>HACCP Process:</b>	No Cook

Mandarin oranges in JCE 6-10 GFS

## Nutrition Information

<b>Calories</b>	60.00	<b>Protein</b>	1.00g
<b>Fat</b>	0.00g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	14.00g	<b>Fiber</b>	0.00g
<b>Sugar</b>	11.00g	<b>Sodium</b>	10.00mg
<b>Iron</b>	0.36mg	<b>Vitamin C</b>	18.00mg
<b>Vitamin A</b>	400.00IU	<b>Calcium</b>	20.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
100 1/2 cup	612448	ORANGES MAND IN JCE 6-10 GFS	

## Preparation Instructions